

DEATH RATE AMONG BABIES OF PORTLAND DECREASED ONE HALF

Pure Milk Campaign of Few Years Ago Bears Fruit in Lessened Infant Mortality.

By Marshall N. Dana.

Those who boasted Portland's pure water and health-giving climate privately wondered why so many babies died. The population was above the average in intelligence; no cause in nature could be held to blame.

But over on Larrabee street a little woman wept in a cottage home. A diminutive white bear had that day taken her first born far from the reach of her straining arms. On the death records at the city hall the physician wrote, "Cause of death—bad milk."

From Cornell road came a dairyman blunderingly to ask the explanation of a thing his puzzled, slow-moving mind could not understand. A cow of his was acting strangely and four cats that had drunk her milk became very thin—"like sticks," he said—then died. As he got up to go he remembered, too, that his little girl shared some of the milk with the cats and had sickened. This cow was one of twelve whose milk sold in the city furnished a living to his household. He was genuinely worried for fear that he was about to lose the cows, the more so because the state official, the dairy and food commissioner, had said that perhaps the cow had tuberculosis—the dairymen attributed on the long, strange word—but that 10 per cent of the cows in Oregon had the disease and the milk from them didn't hurt children any.

Advice like this hadn't cured the cow, so the dairymen had come to tell The Journal about it and ask what was the reason the people elected an official, paid him a large salary out of small incomes, and then could get no help from him.

Pure Milk Fight Is Begun.

This was in the fall of 1909. The Journal began trying to find an answer to the dairymen's question. It was the beginning of a fight for pure milk and against tuberculosis—the dairymen's office and waged hotly a long time, and is not yet ended.

The death records of that time had startling news for worried mothers. One of every three babies in Portland was dying because of bad milk. The rate was higher than in Chicago, with its torrid summer, or New York, with its frightful congestion of human life. But the dairy commissioner, J. W. Bailey, answered, saying:

"Everybody in Portland is drinking milk from tubercular cows. Look at the dirtiest and filthiest dairies you can find and you'll find that the children who drink that milk are the healthiest and strongest ever. The papers have no business talking about such things. They do a positive wrong when they stir people up about the milk supply."

From this same oracle there later came the assertion: "Take 10 gallons of milk from tubercular cows; feed five gallons to pigs and they'll die, feed the rest to babies and they'll grow fat."

It is of great interest to run over the record of the pure milk campaign which The Journal carried on from the beginning it could not be

MEMBERS OF EXECUTIVE COMMITTEE IN CHARGE OF PORTLAND MILK SHOW



Seated, left to right—Mrs. R. H. Tate, Mrs. F. S. Myers, Mrs. C. F. Nichols, Mrs. H. M. Bransford, Dr. M. V. Madigan and Miss Emma E. Grittinger. Standing, left to right—R. C. Hall, A. S. Wells, E. C. Calloway, Marshall N. Dana, O. M. Plummer, George Shepherd, Professor E. G. Pernot, Dr. Sommer, Julius Meier, Dr. M. B. Marcellus.

doubted but that this campaign was for the protection of that teeming of helpless ones who deserved a chance to live.

"One organization after another swung into the campaign. One startling revelation succeeded another. The Journal's automobile spent half days on country roads and with text and pictures made all who would read familiar with the facts.

The city health department reorganized to aid the fight. New ordinances were passed to bar from the city the horror of diseased milk. The state board of health held a special eight-hour session in Pendleton, came to Portland, investigated, joined the fight. The secretary, Dr. Robert C. Yennet, big-brained, bigger hearted, sat in consultation with others in the campaign hour after hour while the city slept, strengthening armament to overcome disease and dirt and ignorance and to save little lives.

The Consumers' league committee was headed by an indefatigable worker and commander, Mrs. A. E. Rockey, whose devotion and bravery supplied inspiration and courage to many who would otherwise have faltered and given up.

The Chamber of Commerce, through its president, William McMaster, joined the crusade, as did many other organizations and individuals, and in this list the physicians' societies must not be forgotten.

All of this seems a good while ago. A dispatch from Washington had said

that Oregon was ranked a year behind her sister state, Washington, in the matter of dairy development and milk supply. The intelligent dairymen had already realized this and they welcomed regulation. Dirt and disease, they found, walked hand in hand, slaughtering cows as well as babies, reducing the value of investment as well as making the patronage of an enlightened public harder to get. The law forbidding the sale of milk from cows not found by test to be free from tuberculosis, at first opposed, is now supported by the very dairymen who opposed it, as they see a disease that had ruined ten per cent of the cows rapidly being eradicated. From the health office of the city there comes proud charts showing how the milk supply has improved, how the death rate among babies less than two years of age has been cut 50 per cent, how Portland ranks excellently with other cities. And now there is to be a city milk show to record accomplishments.

A competent dairy commissioner who was a practical dairyman, who hates and abhors the expensive, unclean methods, who isn't afraid to voice his disgust of the unseemly, and who studies daily to make his work more efficient, is carrying on the work of that office. He is J. D. Mickle.

The educational campaign among dairymen must be continuous, but not less so than among distributors of milk. Eternal vigilance is the price of pure milk.

By L. R. Alderman, Superintendent of Public Schools.

In training children, one of the most difficult things to determine is what will prove to be most useful to them. Many things taught in the public schools are of doubtful value, but of the worth of knowledge concerning the proper care of food there can be no question, for as long as we live we must consume food, and a large majority of people have something to do with the preparation or care of food.

Believing that the natural life of a girl is that of the home, we have in mind a course for the high schools that will give our girls special instruction in the science and art of home making. General ignorance in this matter is not complimentary to our public instruction, and prospective plans for the Portland public schools include the teaching, in a practical way, the proper care of food as well as the manner of its preparation, which is now taught in our domestic science classes.

Captain January said, "The two things necessary to bring up a baby are common sense and a cow." But common sense is frequently lacking when applied to the products of the cow, and as the bringing up of babies is a very vital factor in the making of a home, instruction as to the proper manner of caring for milk should receive special attention, since probably there is no one article of food which deteriorates more rapidly and is productive of more disease when not properly cared for than is milk.

KNOWLEDGE OF FOOD VALUES IS ESSENTIAL

Instruction in Public Schools Includes Training in What to Eat.

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Milk produced under hygienic conditions, is often rendered very unwholesome by improper treatment after it reaches the home. I am quite sure that we shall soon realize better than ever before the great deterioration which takes place in milk even under the best conditions. Milk is intended to be consumed immediately after its production, and the care which renders it fit for future use is a very delicate matter. I feel certain that the necessity for this care and the best manner of exercising it will be deeply impressed upon the minds, not only of a great many of our school children who attend the milk show, but of the general public.

HEALTH OF PUBLIC IS DEPENDENT UPON THE INSPECTION OF DAIRIES

Pure Milk From Clean Cows Essential; Cooperation of Producer Is Sought.

By J. D. Mickle, Dairy and Food Commissioner.

Realizing the responsibility placed in our hands in relation to public health we have come to the conclusion that the guarding of Oregon's milk supply from the cow to the consumer is our highest and greatest task.

Milk contains all the essentials of a perfect ration, proteins, carbohydrates, fats, inorganic salts and water. It is easily digested and constitutes an important food for the sick and convalescent. Of even greater importance is its use as a substitute for mother's milk in infant feeding. It can be seen therefore that the weak and sick, the ones who most depend upon it, are the ones least able to withstand the effects of impurities.

Time and again it has been brought to our attention, even in our own healthy state, that epidemics have come through this source, causing sickness and death. These facts are so pertinent to our public health that it challenges our best endeavors to stamp out the cause.

It is a fact that good healthy cows give healthy milk; it is therefore our first concern in this work for inspectors to positively see that all animals are healthy, free from all disease, and that they have been subjected to the tuberculin test. After having established primarily that a pure article comes from the cow there are three cardinal points which have to be met, cleanliness, cold and speedy transportation from the cow to the consumer. For carrying out these conditions it is necessary on the part of the dairymen and milk dealer to exercise intelligence and care.

Cooperation Is Sought.

Oregon being a sparsely settled state, the legislature has not seen its way to allow the proper number of inspectors to cover the territory as often as is desired; however by a policy of cooperation with city and town officials throughout the state we have been able to extend the scope of our work so that each section of the state has its milk supply inspected and tested. The city of Portland now has an efficient health board, and we think better milk is now being used

in Portland than any other city of the size in the country.

It is our policy to demand that all milk used in Oregon come from clean cows, which are housed in sanitary stables, handled by clean healthy people, and the milk kept in clean utensils, cooled to as low a temperature as the water on the farm will allow.

Lastly, we urge the quickest transportation from cow to consumer. Our efforts to carry out these plans have met with hearty cooperation from the farmer and milk producers in most cases. By a system of scoring, the farmer is shown the weak points in the operation of his farm and instructed in the best possible methods to make his dairy sanitary. We aim to bring a closer relationship between producer and consumer so that each will understand the difficulties to be overcome in producing pure milk and will therefore cooperate.

By means of cow testing associations which we encourage whenever possible, we instruct the farmer in the matter of a business management of his farm. By keeping a record of each cow, the animals making a profit are separated from those which are milked at a loss, and the poor ones can therefore be disposed of.

Thirty-five carloads of butter and 15 carloads of cheese were shipped into Oregon from east of the Rocky Mountains during 1912.

WE ARE NOT IN THE HABIT OF ADVERTISING BUT

We are proud of our "score" given by the state and city dairy inspectors, and want the public to know it.

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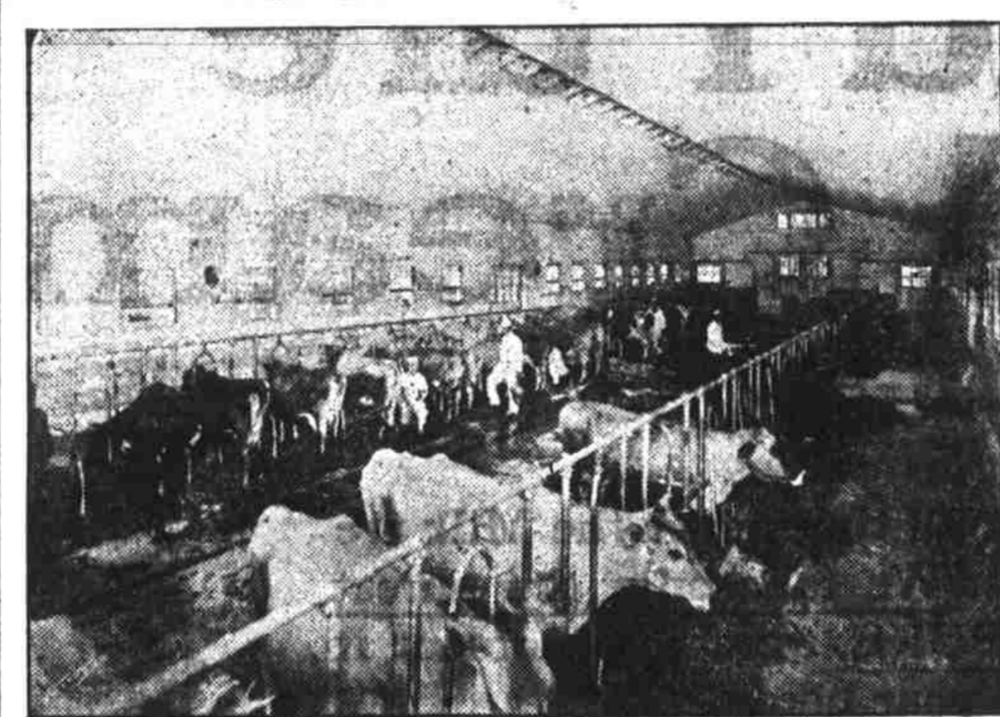
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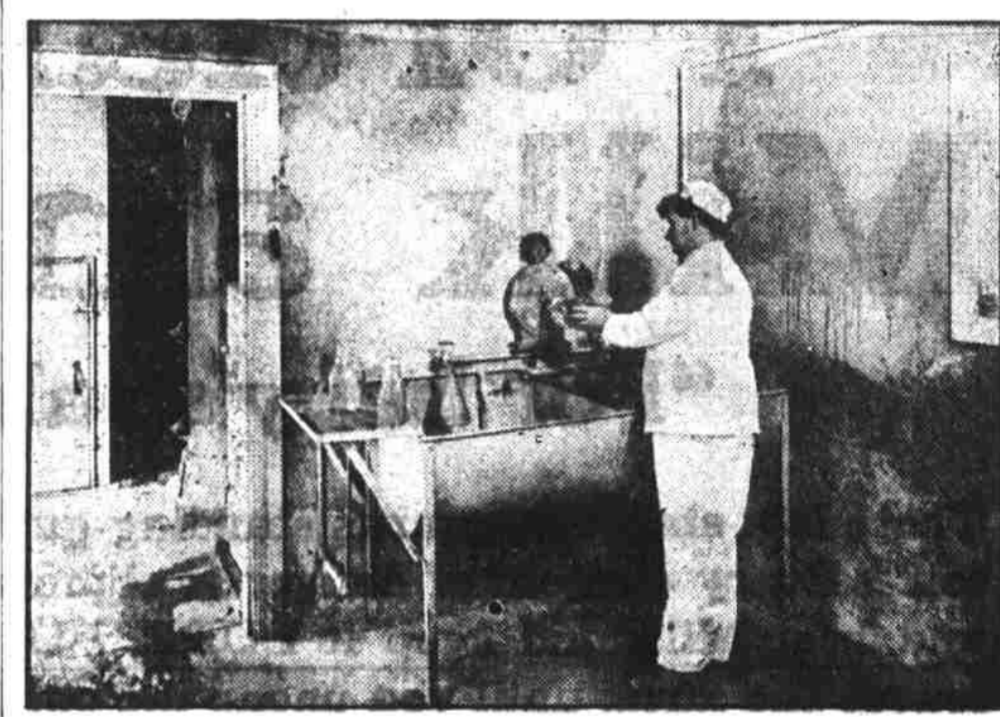
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"CLEAN MILK IS A HIGHLY VALUABLE FOOD—DIRTY MILK IS DEADLY GET THE CLEAN KIND, KEEP IT COOL AND KEEP IT CLEAN"

The above is the opening paragraph of the report of Oregon Dairy and Food Commissioner J. D. Mickle, for June, 1913. In the next paragraph he says: "First of all let us urge that you exercise extreme care in the selection of a milkman. Get the best you can. The best is none too good. Look particularly to your milkman's personal appearance. Is he clean? Inspect his wagon, his milk bottles and the utensils he carries. Are they clean? If dirty, don't patronize him. Never buy milk served from a can. Buy only bottled milk."

If the Oregon Dairy and Food Commissioner had been attempting to describe the Clover Hill Farms he could not have more nearly described their ideals and their methods. "Get the best you can, the best is none too good," he says. During the recent inspection of dairies along the lines adopted by the United States Bureau of Animal Industry, the milk used in Portland was scored on the basis of purity and cleanliness of the milk.

The Clover Hill Farms of Columbia county scored highest of all, having a score of 95.3%. This is not to be wondered at, as the Clover Hill Farm is recognized as the model dairy of the West. The milk comes from high-grade cows, which are kept under ideal conditions. The stable where they are milked has no odor whatever. It is sprayed daily, the cows themselves are sprayed and their flanks and udders washed before they are milked, and the same care is given to the cows as would be given to a string of blue ribbon race horses. The milkers milk by the dry-hand process. They are uniformed. The milk is milked through sterilized cotton cloth. It is forced by gravity through a sterilized cotton filter, cooled and the milk bottles automatically filled, capped and sealed, then packed in ice and shipped.

From the time the milk leaves the cow until it comes to the consumer, it is handled by absolutely clean, sanitary methods. The bottles are cleaned by steam and boil-

ing water and all utensils are subjected to the steam bath and dried.

Clover Hill Farms is more than an ordinary dairy. It is the practical application of scientific methods, producing the highest class of milk under ideal conditions. The cows are pastured where there are no obnoxious weeds or polluted water. They are thoroughly inspected by competent state and government officials. The cows are kept so clean that there is no chance for contamination of the milk. The barns are thoroughly ventilated and cleaned and the attendants use every precaution to keep the product at its highest standard. These safeguards mean additional cost for production.

The public, who know the danger of impure milk, are glad to pay a slightly increased cost to secure certified milk—milk that is guaranteed to be thoroughly pure and produced under sanitary conditions.

Phone your orders to the delivery company, Third and Hoyt Streets. Main 3182, A-1462.